

ALASKA POST

Home of the Arctic Warriors

Vol. 3, No. 25

Fort Wainwright, Alaska

June 22, 2012



Welcome to Alaska



Lt. Gen. Michael Ferriter, (fourth from left) commanding general of Installation Management Command, poses with leadership from IMCOM Pacific Region, U.S. Army Alaska and Fort Wainwright Garrison. Ferriter and his wife Margie visited Alaska this week, stopping at Fort Wainwright Thursday. They spoke with leaders, Soldiers and spouses and visited Soldier and Family support agencies within the Directorate of Family and Morale, Welfare and Recreation. He also addressed civilian employees about customer service and inspired leadership. (Allen Shaw/Fort Wainwright PAO)

Science and technology: Army TV show on YouTube

Staff report, Army Research Lab

The Army Research Laboratory launched the third season of its online broadcast show Monday under a new name, Inside the Lab, with its first two-part series about condition-based maintenance, an age-old maintenance concept that promises to save billions of dollars in Department of Defense maintenance costs.

Inside the Lab showcases tools that give Soldiers a competitive edge on the battlefield. The show airs monthly and welcomes subscribers to its YouTube channel: www.youtube.com/user/ARLT-VNews/featured.

Trends show the programming has been popular among older viewers, ages 55 to 64, but this season's lineup expects to attract a younger audience, the producer said.

"We're delving deeper into engineers' and scientists' stories for a fresher perspective of the work pursued throughout our laboratory," said T'Jae Gibson, who also writes and hosts the show. "Army Research Laboratory has conceptualized many of the devices that are placed in the hands of war fighters. ARL researchers are charged to foresee technological possibilities 10 to 20 years into the future."

Gibson talks about the Army's efforts to curtail the significant cost of vehicle maintenance in the current show. The Department of Defense spends more than an estimated \$15 billion a year on depot maintenance, and experts say some of these costs are attributed to replacing parts that don't need to be replaced.

ARL's Dy Le, chief of the Vehicle Technology Directorate's Mechanics Division, highlights how condition-based maintenance, or CBM, is giving the Army a more

effective way of identifying when a part, like a helicopter bearing, or a component, like a helicopter tail rotor shaft, needs to be repaired or replaced.

Le said ARL has a record of success advising Army program managers in CBM. He said in one instance, ARL's analysis led to grounding "an Apache helicopter because of excessively high vibration in the tail rotor section" and "had the aircraft not been grounded, two Soldiers' lives would

have been lost right along with a \$15 million weapon system."

Other episodes of Inside the Lab will explore research leading to CO2 laser fiber that has been used in delicate surgeries around the world; the race for advanced materials and the lab's push for young women to get excited about math and science.

The U.S. Army Research Laboratory of the U.S. Army Research Development and Engineering Command is the

Army's corporate laboratory, consisting of more than 1,900 federal employees (nearly 1,300 classified as scientific and engineering) and is headquartered in Adelphi, Md. The Laboratory's in-house experts work with academia and industry providing the largest source of world-class integrated research and analysis in the Army. For more information, visit www.arl.army.mil or like us on Facebook at www.facebook.com/ArmyResearchLaboratory.



The U.S. Army Research Laboratory is developing a method of conditioned-based maintenance that saves time, money and lives. Researchers are looking for more effective ways of identifying when a part, like a helicopter bearing, needs to be repaired or replaced. (File photo/Fort Wainwright PAO)

WEEKEND WEATHER



Friday
Partly sunny
Highs in the 70s
Lows in the 50s
Light winds



Saturday
Mostly cloudy
Highs: mid-70s
to lower 80s
Lows in the 50s



Sunday
Mostly cloudy
Highs in the 70s
Lows: mid-50s to
lower 60s

BRIEF



USO show at Eielson

Gary Sinise and the Lieutenant Dan Band will play at Eielson Air Force Base's Thunderdome, Saturday. Doors open at 6 p.m. and the show starts at 7 p.m. Open to all DoD ID cardholders, information is available on FMWR's Facebook or call Fort Wainwright Family and Morale, Welfare and Recreation special events coordinator at 353-6043.

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SN/ BIRCHWOOD HOMES

Medical Department Activity - Alaska

Farewell

I would like to start my last article with a heartfelt U.S. Army Alaska welcome to Col. Dennis LeMaster who assumed command of the best Medical Activity in the Army Thursday on the summer solstice. Medical Department Activity-Alaska has come a long way over the last several years and the last two are no exception. It is because of great community involvement, idea-sharing and having staff members who are never satisfied with ‘good enough,’ that we continue to grow. Over the last two years we have seen more than 350,000 patient visits,

deployed and redeployed several thousand Soldiers, performed half a million labs and dispensed over 300,000 prescriptions. We have expanded services, grown our staff, completed our Joint Commission accreditation, maintained one of the lowest no-show rates in the Army and satisfaction levels are at an all time high. Additionally, we piloted several new tele-health processes, became one of the top Medical Evaluation Board sites in the Army, are moving to both the patient- centered and Soldier-centered medical home models and have consistently maintained

one of the top Warrior Transition Units anywhere. None of this could have been done without the support and tremendous effort of our community. The input we receive on a daily basis has helped us target our efforts into those high-value areas; things such as cancer-awareness events, sports physicals days, increased Dermatology, Surgery and Behavioral Health care, as well as easy and early access to flu-shots. We are in the final stages of increasing our Behavioral Health space and are working on plans for an 82,000-square-foot outpatient clinic.

This has all been done while maintaining a constant focus on patient safety, including a \$1.2 million upgrade to our inpatient call systems, implementation of automated patient safety reporting and countless changes to improve our care. Please keep letting us know what we do well and where we can improve. In this same light, our latest effort is our Community Advisory Council and I encourage anyone interested to contact our patient advocate. Most of all, I would like to thank each and every person who helped us achieve these successes

and those who will help us continue to make Bassett better. Col. LeMaster is just the right commander to take MEDDAC-AK to the next level. His experience in multiple operational and command postings, along with his experience training young officers and Soldiers provide him with a depth and breadth of understanding that will allow MEDDAC-AK to truly excel. I feel truly blessed to have been allowed to serve the Soldiers and Families of USARAK, and to have been placed with one of the most outstanding cadre of military and civilian staff



Col. George Appenzeller MEDDAC-AK commander

that one could wish for. This has been the experience of a lifetime and it will be treasured. My family and I will miss the wonder and beauty of the Last Frontier, the friends we have made and the people who make this community one of the military’s hidden gems. We wish you all the best. Good Luck and God Bless.

Recreation on Army lands is free with permit

Brian Schlumbohm, Fort Wainwright PAO

Fishing in Alaska is an outdoor activity that can be shared among a wide variety of ages and abilities. Good fishing spots can be found just a few feet away from roadside parking or at the end of a full-day hike through the backcountry. Streams, rivers, ponds and lakes all provide different types of fishing and fish. Just recently the Alaska Department of Fish and Game stocked more than 1,200 rainbow trout in Monterey Lake on Fort Wainwright. Another 625 were stocked in the Fort Wainwright Number 6 Pond, located just off of Sage Hill Road on the north side of post. The average sizes of the trout are around seven inches in length. Other stocked and Army maintained lakes are Manchu Lake and Horseshoe Lake located behind Eielson Air Force Base.

The Fort Wainwright Environmental Office works closely with ADFG to provide fishing opportunities such as these newly stocked lakes, for the fishing enjoyment of Fort Wainwright members and surrounding communities. Natural Resources chief John Haddix said having a Recreation Access Permit is required in order to fish, hunt or recreate on any Army lands. The RAP card is free and available to both military and civilians, and can be obtained at various offices throughout Interior military installations.

At forts Wainwright and Greely, RAP cards can be acquired at the visitor’s centers and Natural Resource centers. On Fort Wainwright the Natural Resource center is

located in Building 3023. Permits can also be picked up at the Morale, Welfare and Recreation’s Outdoor Recreation Services, Building 4050. All that is needed is a state driver’s license or state ID card and a contact phone number. Anyone age 16 or older must have a RAP card and those 15 or younger must be accompanied by a RAP cardholder. When fishing or hunting on Army lands a valid fishing or hunting license is also required and don’t forget to consult the 2012 Sport Fishing Regulations

at www.adfg.alaska.gov/index.cfm?adfg=fishregulations.ayk_sportfish and for hunting go to www.adfg.alaska.gov/index.cfm?adfg=hunting.main. A few tips to get ready for entering military training areas for fishing, hunting or recreational activities: know where you are going; know the rules and regulations governing your activity and how long you plan to be there. A detailed map of Fort Wainwright and surrounding military training areas can be found at www.usarak.army.mil/conservation/files/FWA_Rec_Map_20110708_opt.pdf.

Maps and information on other areas at Fort Greely and Eielson Air Force Base can be found at Fort Wainwright’s Outdoor Recreation website, www.usarak.army.mil/conservation/REC_FWA.htm. Once a plan has been made, the next step is to check in with the U.S. Army Garrison Alaska Recreation Tracking System. This automated, telephone check-in process allows single or multiple RAP cardholders to gain access to training lands

and also provides important information on area closers and military training activities. A complete informational guide on how to use the USATRAK system can be found online at www.usarak.army.mil/conservation/files/FWA_USARTRAK_072010.pdf. The guide also provides phone numbers and maps for accessing lands on Eielson Air Force Base and Fort Greely. See sample guide on page 7. Coming in July, the RAP card will be available online at www.usatrak.com.



Got RAP? Fishing with the proper license, Recreation Access Permit - or RAP - and knowledge of fishing regulations can make lunchtime a quick 30-minute fishing trip to the Chena River for grayling. Remember, all grayling are catch-and-release only and on single hook lures. (Photo by Brian Schlumbohm/Fort Wainwright PAO)

Army spouses awarded \$2.2 million in scholarships

Army Emergency Relief

Army Emergency Relief announced the award of 757 scholarships totaling \$2.2 million for spouses of active duty and retired Soldiers. Army Emergency Relief, known as AER, received 767 applications for the Spouse Scholarship Program and was able to award 757 scholarships. The scholarships are awarded based on financial need, and the size of each award varies. This year the average award was \$3,205. Earlier this year AER announced the consolidation of its spouse scholarship programs. Previously, there were separate programs for spouses depending on whether they were located in the United States or overseas. “The consolidation of the two spouse

scholarship programs simplified the application process, as well as allowed all spouses to qualify for part-time attendance,” said Diann Evans, manager for AER’s scholarship programs. “This change allows us to provide better service for all the applicants.” Earlier this month AER announced the award of 2,614 scholarships to children of Soldiers under the Maj. Gen. James Ursano Scholarship Program. Army Emergency Relief is a private, non-profit organization dedicated to providing financial assistance to active and retired Soldiers and their families. Since 1942, AER has provided more than \$1.4 billion to more than 3.4 million Soldiers, Families and retirees. To find out more, go to www.aerhq.org/dnn563/.

ALASKA POST

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The ALASKA POST – Home of the Arctic Warriors

At all times: Think weapons safety

Gregory J. Sanches,
Garrison Safety Office

Recently there has been a number of privately owned weapons mishaps reported. A number of them have involved improper handling of the weapons by the individual as he was cleaning or moving the weapon from storage; others have had alcohol involved. The most prevalent mistakes that lead to these accidents are horseplay, improper clearing procedures and failure to keep the weapon unloaded, on safe and finger off the trigger when there’s no intent to fire. These accidental discharges are preventable.

Many of you have returned from a year-long deployment and are confident in your weapons handling abilities. There is a tendency to become

complacent and over-confident as you come home from a year-long deployment where you carried your rifle or sidearm everywhere you went. Weapons safety does not change with location, it remains the same everywhere you go. Thousands of Americans die or are injured each year from gun-related accidents; do not become one of these statistics.

Firearms have no place around alcohol. These two do not mix anywhere or any time. Keep weapons locked up whenever you are not cleaning them or heading to the range.

Ensure all personnel are familiar with Garrison Commanders Policy letter #27, Privately Owned Firearms, located on the Fort Wainwright website at <http://www.wainwright.army.mil/publications/scr/fwaGarPolicyletters/>

Garr-Policy-27.pdf#zoom=100.

Here are some steps and precautions you can take to make sure your guns are as safe as possible and you handle them properly.

Before handling a gun, learn how it operates. Know its basic parts, how to safely open and close the action and remove any ammunition from the gun or magazine. Remember, a gun’s mechanical safety device is never foolproof. Nothing can ever replace safe gun-handling.

Never use alcohol or over-the-counter, prescription or other drugs before or while handling or shooting your weapon.

Regular cleaning is important in order for your gun to operate correctly and safely. Taking proper care of it will also maintain its value and extend its

life. Your gun should be cleaned every time that it is used. A gun brought out of prolonged storage should also be cleaned before shooting. Accumulated moisture and dirt or solidified grease and oil can prevent the gun from operating properly.

Before cleaning your gun, make absolutely sure that it is unloaded. The gun’s action should be open and the magazine out of the weapon before beginning the cleaning process. Also, be sure that no ammunition is present in the cleaning area.

Three rules of basic weapons safety:

1. Always keep the muzzle pointed in a safe direction, know your target
2. Always treat a weapon as if it is loaded
3. Never put your finger in the trigger unless you’re on the firing range.

Panetta salutes gay, lesbian service members’ dedicated duty

Cheryl Pellerin,
American Forces Press Service

WASHINGTON – The pursuit of equality is fundamental to the American story, Defense Secretary Leon E. Panetta said in a video message released today to thank gay and lesbian service members and lesbian, gay, bisexual and transgender civilians for their dedicated service to the nation.

Recognizing June as Lesbian, Gay, Bisexual, and Transgender Pride Month, the secretary also thanked the Families of gay and lesbian service members and LGBT civilians.

Diversity is one of the department’s greatest strengths, the secretary noted.

“During Pride Month, and every month, let us celebrate our rich diversity and renew our enduring commitment to equality for all,” he said.

In his video message, Panetta emphasized the military’s diversity. “The successful repeal of ‘Don’t Ask, Don’t Tell’ proved to the nation that, just like the country we defend, we share different backgrounds, different values and different beliefs,” he said.

“But together we form the greatest military force in the world.”

Integrity and respect are the cornerstones of military culture, the secretary added. “The Army, Navy, Marine Corps and Air Force implemented the repeal with a focus on respect and individual dignity,” Panetta said.

Addressing the service members who now can serve openly regardless of their sexual orientation, the secretary lauded their service before the repeal. “Before the repeal of Don’t Ask, Don’t Tell,” he said, “you faithfully served your country with professionalism and courage. And just like your fellow service members, you put your country before yourself.” Today, he added, they can be proud not only of serving their country, but also of who they are when in uniform.

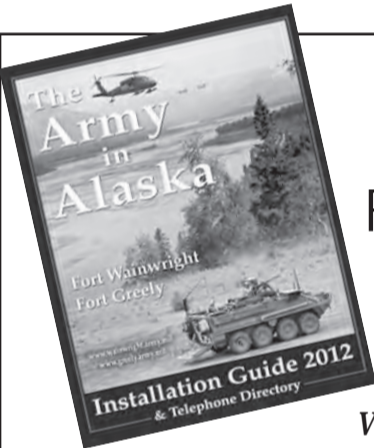
The president also recognized June as LGBT Pride Month, noting that throughout the nation’s history, ordinary Americans have advocated for change and have “led a proud and inexorable march toward freedom, fairness and full equality under the law – not just for some, but for all.”

When the president signed the repeal act into law in December 2010, he said, “We are not a nation that says, ‘don’t ask, don’t tell.’ We are a nation that says, ‘Out of many, we are one.’ We are a nation that welcomes the service of every patriot. We are a nation that believes that all men and women are created equal. Those are the ideals that generations have fought for. Those are the ideals that we uphold today.”

When the repeal took effect in Sep-

tember 2011, Panetta said anyone who is capable of serving in uniform should be able to do so, and he re-emphasized that belief in his video message.

“Going forward,” Panetta said, “I remain committed to removing as many barriers as possible to make America’s military a model of equal opportunity, to ensure all who are qualified can serve in America’s military, and to give every man and woman in uniform the opportunity to rise to their highest potential.”



The Fort Wainwright,
Fort Greely 2012 Installation
Guide now available online.

Visit Fort Wainwright website at:
www.wainwright.army.mil/sites/local/



USO show at Eielson

**Gary Sinise
and the Lieutenant Dan Band**
Eielson Air Force Base’s Thunderdome
Saturday, June 23rd

Doors open at 6 p.m.
Show starts at 7 p.m.
Open to all DoD ID cardholders

Information is available on FMWR’s Facebook or call Fort Wainwright Family and Morale, Welfare and Recreation special events coordinator at 353-6043.

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AFC/GEICO
AKPOST/GREAT RATES
3 x 10.0

Change a life, make a friend, adopt a shelter cat

Trish Muntean,
Fort Wainwright PAO

My name is Gabby and I am a cat. This is the story of how I found my forever home.

I was adopted from a local shelter last fall by Trish, a writer for the Alaska Post newspaper.

Trish has always been a dog person but not so much that she was willing to make a commitment to walking one at 50 below.

She started by cat shopping via the Internet on petfinder.com, it is a site that lists shelter and rescue animals where Trish says she has found some of her best dogs.

None of the cats that Trish liked on petfinder were available, but in October she visited the shelter “just to see what they have.” That was where we found each other.

No matter how good the caregivers, life for a cat in a shelter is not an easy one. We may have the basics of life and a few toys, but plain and simple, there are just too many cats and not enough humans interested in adopting adult cats.

Some of my housemates were picked up off the streets; some were “surrendered” by their owners. Some of them had been abused by humans and were so scared in the shelter that they wouldn’t even crawl out from under the cages even for the caregivers who visited

daily. And I don’t get this “surrender thing.” I don’t get the fact that I lived with a family that I thought loved me one day and the next day I’m living in a smelly aviation repair hangar with at least a dozen other cats.

Trish sat down in the middle of the floor to see who wanted to play. A lot of my friends came over and sniffed at her, even a few who were usually really anti-social, but were hesitant to crawl into her lap. Not me. I was starved for affection. I just waddled on over there and plopped myself down. Every time she moved me out her lap to give another cat a chance I would move right back in. She was not going to leave without me.

Or so I thought. My heart was broken when she and George walked out the door and said they needed to think about it over night. I thought I would never see them again.

Imagine my surprise when the next day they came in with a brand new carrier and picked me up to take me to my new home. It was on my way there that I earned the name “Gabby” as I didn’t shut up the whole way home, or since.

It took some time to get adjusted to regular brushings, my eye medicine put in on schedule and everything being new, not worn out or having to be shared. I think

the hardest adjustments were not being allowed to have people food and the stairs, which meant I had more exercise daily than I had in ages.

I sleep all day on the sheepskins on Trish’s couch, at the end of her bed at night and cuddle up to her anytime she sits still for more than a minute. She makes sure all my needs and most of my wants are met and tells me daily how much joy I bring to her life. I don’t think I have ever felt so loved.

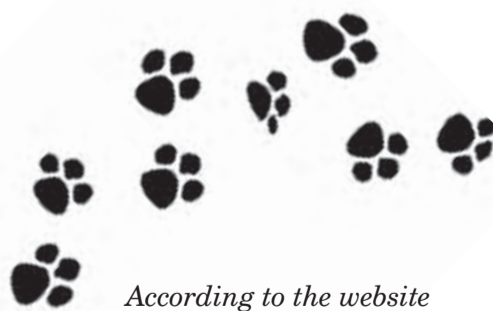
I hope I can say that I have changed Trish’s life as much as she changed mine. I think so. I make her smile and now she has someone other than her teddy bear to cuddle with. I wish I could tell her how happy I am that she chose me.

Writer’s note: June is Adopt a Shelter Cat Month. According to the website for the American Society for the Prevention of Cruelty to Animals, five to seven million companion animals enter shelter life each year. (About half are relinquished by their owners, the other picked up by animal control officials.) If homes are not found for these animals in a timely manner, approximately three to four million are euthanized (60 percent of dogs and 70 percent of cats). I encourage you to make a lifelong commitment, save a life and adopt a shelter cat.



Gabby, a former shelter cat, has found her “forever home” with Trish Muntean, a writer for the Alaska Post. She adopted Gabby in October 2011. June is adopt a shelter cat month. Five to seven million animals enter shelter life each year, About half are relinquished by their owners, the other picked up by animal control officials. If homes are not found for these animals in a timely manner, approximately three to four million are euthanized. (Courtesy photo)

June is Adopt a Shelter Cat Month



According to the website for the American Society for the Prevention of Cruelty to Animals, five to seven million companion animals enter shelter life each year. If homes are not found for these animals in a timely manner, approximately three to four million are euthanized (60 percent of dogs and 70 percent of cats).

Make a lifelong commitment, save a life and adopt a shelter cat today!

Freedom Fest 2012 – Reunited

Staff report, Fort Wainwright PAO

Families and community members will have an opportunity to welcome home their Soldiers and celebrate in style over two days, June 29 and 30.

Freedom Fest 2012 – Reunited is an event jam-packed with entertainment and activities for all ages organized by Fort Wainwright Family, Morale, Welfare and Recreation.

Day One - There will be “Fight for Freedom - Mixed Martial Arts Cage Fights at the Carlson Center, June 29,. Doors open at 5:30 p.m., fights start at 7 p.m. Tickets for Military ID cardholders are \$20 general admission. All tickets are on sale at Ticketmaster, this event is open to the public and Families are welcome. Shuttle service from Fort Wainwright is provided.

Day Two - Freedom Fest continues with a plethora of events on post. There will be a motorcycle “Freedom Ride for Awareness.” Riders will meet at the Ladd Parade Field, registration will begin at 8:30 a.m. and although there is no cost, all participants must register.

“I encourage anyone with a motorcycle to come out with us and enjoy the Alaskan summer day as we ride around the (Fairbanks North Star) Borough and build bonds that will last a lifetime,” said Command Sgt. Major Wayne Jeffries, United States Army Garrison, Fort Wainwright, garrison command sergeant major.

A 5K Fun-Run will begin at 11:30 a.m. at the Alert Holding Area on post and the first 100 participants will receive commemorative shirts.

There will also be food vendors at the AHA, a Children’s Tundra Adventure Zone with pony rides from 1 to 6 p.m., and a Battle of the Bands from 1 to 10 p.m. More than 19 bands will compete for the \$3000 grand prize and there will be a special appearance by Nashville’s country singer and songwriter, Ray Scott

The activities on the installation are free and open to the public. Food and beverages will be available for purchase.

Director of Family and MWR, Mary Jo Lohrenz said, “Come and join the Fort Wainwright community as we celebrate the return of our Soldiers and their continued support for our Freedom with a variety of events for the entire Family.”

For more info on Fort Wainwright’s FMWR Freedom Fest-Reunited 2012, call Special Events 353-6043 or visit fortwainwrightfreedomfest.com.



Fort Wainwright PAO: *Find us online...*

Fort Wainwright:

www.wainwright.mil

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Twitter:

twitter.com/PAOFFWA

Detailed recreation/navigation maps, recreation information, and Recreation Access Permits (RAP) can also be obtained at www.usartrak.com. For more information, call Fort Wainwright Natural Resources Office, 361-9686.

Friday-22nd

READING IS DELICIOUS STORY HOUR AND CRAFTS, 4 to 5 p.m., Post Library, Building 3700. Call 353-4137.

Saturday-23rd

COLLEGE GLACIER OVERNIGHT HIKE, 7 a.m., Outdoor Recreation Center, Building 4050. Fee is \$50. Call 361-6349.

LEAN, MEAN, COOKING TEENS, 10:30 a.m. to 1 p.m., Youth Center, Building 4109. Dinners. For teens in grades 7 through 12, Call 353-7713.

AUTO SKILLS CENTER BBQ, noon to 5 p.m., Auto Skills Center, Building 3730. Call 353-7436.

ZUMBA FITNESS CLASS, 1 p.m., Physical Fitness Center, Building 3709. Cost is \$7. Call 353-7223.

CHESS CLUB, 3 to 5 p.m., Last Frontier Community Activity Center, Building 1044. Call 353-7755.

DART TOURNAMENT, 6 p.m., The Warrior Zone, Building 3205. Open to all DoD cardholders 18 and older. Call 353-1087.

Sunday-24th

GOSPEL SERVICES, 9:45 a.m. Gospel Sunday school; 11 a.m. Gospel Worship service, Bassett Army Community Hospital, third floor conference room, Building 4076. Call 353-9825.

PROTESTANT SERVICES, 10 a.m., Sunday school and 11 a.m., Sunday Protestant worship Northern Lights Chapel, Building 3430. Call 353-9825.

CATHOLIC SERVICES, 11 a.m. Catholic Mass, Southern Lights Chapel, Building 4107. Call 353-9825.

Monday-25th

YOUTH SERVICES WEEKLY SUMMER CAMP: GET UP and MOVE, Mon-Fri 9 a.m. to 3:30 p.m., Youth Center, Building 4109. Call 361-5437.

SCHOOL AGE CENTER WEEKLY SUMMER CAMP and FIELD TRIPS, School Age Center, Building 4166. Call 361-7394.

ROMP AND STOMP PLAYGROUP: GREAT OUTDOORS, 9:30 to 11 a.m., Last Frontier Community Activity Center, Building 1044. Call 353-7372.

GROUP CYCLING CLASS, noon, Physical Fitness Center, Building 3709. Call 353-7223.

UNITED THROUGH READING, 4 to 6 p.m., Post Library, Building 3700. Call 353-2642.

ZUMBA FITNESS CLASS, 6 p.m., Physical Fitness Center, Building 3709. Cost is \$7. Call 353-7223.

Tuesday-26th

GROUP CYCLING CLASS, 6:30 a.m., Physical Fitness Center, Building 3709. Call 353-7223.

KID’S 3-DAY GOLF CLINIC, 10:30 a.m. to noon, Chena Bend Golf Course, Building 2092. Call 353-6223.

HOOR OF POWER GROUP STRENGTH CLASS, noon, Physical Fitness Center, Building 3709. Call 353-7223.

GROUP CYCLING CLASS, 5 p.m., Physical Fitness Center, Building 3709. Call 353-7223.

GOSPEL SERVICES BIBLE STUDY, 6:30 p.m., Bassett Army Community Hospital, Medical Library, Building 4076. For more information email *ac2.claxton@us.army.mil*.

Wednesday-27th

NEWCOMERS ORIENTATION, 9 a.m. to 3:30 p.m., Last Frontier Community Activity Center, Building 1044. Call 353-4227.

GROUP CYCLING CLASS, noon, Physical Fitness Center, Building 3709. Call 353-7223.

BOOT CAMP, 5 p.m., Physical Fitness Center, Building 3709. Call 353-7223.

Thursday-28th

GROUP CYCLING CLASS, 6:30 a.m., Physical Fitness Center, Building 3709. Call 353-7223.

ROMP AND STOMP PLAYGROUP: GREAT OUTDOORS, 9:30 to 11 a.m., Last Frontier Community Activity Center, Building 1044. Call 353-7372.

HOOR OF POWER GROUP STRENGTH CLASS, noon, Physical Fitness Center, Building 3709. Call 353-7223.

UNITED THROUGH READING, 4 to 6 p.m., Post Library, Building 3700. Call 353-2642.

GROUP CYCLING CLASS, 4 p.m., Physical Fitness Center, Building 3709. Call 353-7223.

ZUMBA FITNESS CLASS, 6 p.m., Physical Fitness Center, Building 3709. Cost is \$7. Call 353-7223.

SPRING INTO SUMMER, 6 to 8 p.m., Last Frontier Community Activity Center, Building 1044. Call 353-4223.

Friday-29th

READING IS DELICIOUS CONTINUED STORY HOUR and CRAFTS, 4 to 5 p.m., Post Library, Building 3700. Call 353-4137.

EVENING BOAT RIDES, 5:30 p.m., Outdoor Recreation Center, Building 4050. Call 361-6349.

COSMIC BOWLING, 8 p.m. to 1 a.m., Nugget Lanes Bowling Center, Building 3702. Call 353-2654.

FREEDOM FEST MMA CAGE FIGHTS, 7 to 11 p.m., Carlson Center. Call 353-6043.

Saturday-30th

ALASKA RANGE MOUNTAIN HIKE, 7 a.m., Outdoor Recreation Center, Building 4050. Cost is \$10. Call 361-6349.

FREEDOM FEST RIDE FOR AWARENESS, 9 a.m., Headquarters Bldg 1555. Call 353-6043.

FREEDOM FEST 5K FUN RUN, 10 a.m., Physical Fitness Center, Bldg 3709. Registration begins at 9:30 a.m. Call 353-6043.

BOATER SAFETY CLASS, 1 p.m., Outdoor Recreation Center, Building 4050. For more information, call 361-6349.

FREEDOM FEST, 1 to 10 p.m., Birch Hill Ski Area, Bldg 1172. Featuring Battle of the Bands. Call 353-6043.

COSMIC BOWLING, 8 p.m. to 1 a.m., Nugget Lanes Bowling Center, Building 3702. Call 353-2654.

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FOUNDATION
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LEGAL
NOTICE

Anyone having
claims against or
who is indebted to
Pfc. Vincent Ellis,
4th Brigade Combat
Team (Airborne),
25th Infantry Divi-
sion, may contact
2nd Lt. Augustin
Paulo, Rear De-
tachment, by mail
to 1-40 CAV, Fort
Richardson, Alaska
99505, or call (817)
501-7791.




ARE YOU A
VICTIM OF
OR WITNESS
TO SPOUSE
ABUSE?
CHILD
ABUSE?

CALL
388-2260

NO NAME REQUIRED

Take me out to the ballgame



Sgt. Amy Mahoney, 9th Army Band plays along with other band members at the North Haven Communities sponsored, North Haven Day at the Ballpark Monday evening. Families from Fort Wainwright attended the pre-game events and all were entertained by the 9th Army “Arctic Warrior” Band with lively music between innings. Catch the band Sunday in downtown Fairbanks during the Midnight Sun Festival, on 1st, 2nd and 3rd Streets from noon to midnight. (Photo by Jonnelle Roos/North Haven Communities)

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LOOSE MOOSE CAFE
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AER CAMPAIGN SUPPORTERS
GARNER KUDOS

The Fort Wainwright 2012 Army Emergency Relief Campaign raised more than \$50,065 as of June 13. The effort Fort Wainwright’s 2012 Campaign was a great success thanks to the hard work and dedication of all of the various unit key workers, Russell Williams, Fort Wainwright Army Emergency Relief officer, 1st Sgt. Tornald Hall AER Program Coordinator and Staff Sgt. Stephen Roper, AER Assistant Coordinator.

SUMMER READING

The Fort Wainwright summer reading program kicks off at 4 p.m. today at the library and the theme is “Reading is So Delicious.” Participants of all ages can sign up to create healthy waffle art and then eat it. Participants registering that day will receive an extra ticket for the grand prize at the end of program. Next week, participants will be encouraged to play with their food and repurpose it to make it art June 29 at 4 p.m. It is all part of a healthier you. For the complete schedule, call Joy Wohlman Boyce at the library, 353-4137.

EMPLOYEE ASSISTANCE PROGRAM

The Employee Assistance Program has relocated to Building 4055 Tamarack Road north of Gaffney Road at the intersection with 602nd Street. EAP offers briefings in services, drug usage, alcohol abuse and suicide prevention. Call 361-1381.

GOLF FOR A CAUSE

ASYMCA is hosting their 8th Annual Golf Tournament to raise funds for Soldier and Family programs. Proceeds fund ASYmca programs. Four-person teams will start at 8 a.m. Aug. 3. For more information, call 353-5962.

YOUTH CENTER SUMMER CAMPS

The Youth Center summer week-long camp starts Monday. The week’s theme is, “Get Up and Move” Participants will get out and move under the Alaskan sun. Bike, swim, rock climb and experience a hike like no other up Angel Rocks. End the week with a family bike trip and picnic at Outdoor Recreation’s Glass Park. Weekly fees vary from \$20 to \$58 based on income category. For more information, call 361-5437.

VOTING ASSISTANCE

Receive assistance with voter registration and information no matter which state you reside in. The Voting Assistance Program officer is available if anyone has questions or needs assistance with voter registration, call 353-7624 or check out the installation’s voting agency webpage for general voting information at www.wainwright.army.mil/armyVote/default.asp.

CHAPEL PROGRAMS

Family Movie Day is the third Saturday of each month at 2 p.m. in Bassett Army Community Hospital. Bible Study Monday at noon and Tuesday at 6:30 p.m. in the hospital library. Catholic Mass takes place Tuesday through Friday at noon in the hospital. A Healing & Anointing Service takes place the third Sunday of each month at 6 p.m. in the Southern Lights Chapel. Protestant Men of the Chapel meet the second and fourth Saturdays of each month at 8 a.m. in the Northern Lights Chapel. Protestant Women of the Chapel will begin meeting again starting in July. PWOC meetings will be 10 a.m. Thursdays in the Northern Lights Chapel. For more information, visit the chapels or call 353-9825.

COUNSELING

Family and individual Soldier counseling is available at the Chapel Family Life Center. For an appointment or more information, call 353-6112.

ROAD CLOSURE

Due to ongoing hangar construction, Montgomery Road will be closed between Luzon Avenue and Santiago Avenue through June 24. The detour route will be Neely Road between Luzon and Santiago Avenues.

SOLDIERS AGAINST DRUNK DRIVING
Have a Plan, Call Someone. 353-6610

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JOINT PACIFIC ALASKA
RANGE COMPLEX

U.S. Army and U.S. Air Force, on behalf of Alaskan Command, will continue accepting comments on proposed changes to the Joint Pacific Alaska Range Complex through July 9. Comments may be submitted via the website, www.jparceis.com, or for more information contact ALCOM Public Affairs at 552-2341 or email alcom.j08@elmendorf.af.mil.

FAMILY AND HOME SECURITY

Restrict the possession of house keys. Change locks if keys are lost, stolen or when moving into a previously occupied residence. Always lock home entrances at night, including the garage. Shred all envelopes or other items that indicate your name and rank. Know your neighbors and let your neighbors know you. Be aware of current threat levels, listen to local news reports and be aware of community happenings. For more information on personal security, contact your unit Antiterrorism Officer or the garrison ATO at 353-6094.

PRE-RETIREMENT BRIEFING

A monthly summary of retirement benefits for those who are one to two years from retirement, presented by Carlos Garcia, retirement services officer. To schedule Survivor Benefit Plan or SBP counseling and to register for the pre-retirement briefing call 353-2099.

SPONSORSHIP TRAINING

Remember what it was like when you moved for the very first time? Remember all the questions you had and the answers you didn’t get? Be a sponsor and help another Family with relocating to Alaska. Classes are offered through unit requests. For more information call 353-4227 or 353-7908.

FOR YOUR HEALTH CLASSES

Arctic Health Link provides classes on diabetes, cholesterol, hypertension and tobacco cessation classes which are offered monthly. For more information or to sign up for a class, call 361-4148.

RECREATIONAL SHOOTING

The Sports Fire Range is available for all active-duty military and DoD ID cardholders. The range is open weekdays 8 a.m. to 4 p.m., Wednesdays 4 to 8 p.m. and Saturdays 10 a.m. to 5 p.m. Military training has priority over all other range use. Fees do not apply for normal range use. For more information on safety training, requirements and availability of the Sports Fire Range, call range control, 353-1266.

DIVORCE BRIEFING

Questions and concerns about divorce are addressed at weekly briefings offered by the Legal Assistance Office Tuesdays at 9 a.m. The divorce briefing is available to military members and spouses and is located in Building 1562 on the corner of Gaffney and Freeman Roads. For more information about legal services or an appointment, call 353-6534.

PREVENT ABUSE AND NEGLECT

Help for abused and neglected children is available locally and through a toll-free hotline. The 24-hour Child help National Child Abuse Hotline at (800) 4-A-CHILD and on post, call Army Community Service at 353-7317. If you suspect a child is being hurt or neglected, contact the local police. Tips and resources are available for parents, educators, caregivers and volunteers at www.mymyonesource.com.

FREE ELECTRONICS RECYCLING

Free electronics recycling for the public at the Alaska Waste Recycling Center, 3050 Phillips Field Road - West of Peger Road will take place the third weekend of every month on Friday and Saturday from 10 a.m. to 4 p.m. Individuals may drop off personal consumer electronics no longer needed. For more information, con-

Fort Wainwright
PAO website:
www.wainwright.mil

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tact Andrea Miller, executive director, Interior Alaska Green Star, at www.iagreenstar.org or 452-4152.

OPEN BURNING PROHIBITED

Open burning is not permitted on Fort Wainwright property. Campfires, use of portable fire pits and outdoor fireplaces are prohibited in all areas including housing. For more information, call the fire safety inspector, Sarah Chapman at 353-9140.

MILITARY CHILD, FAMILY THERAPY

Family members of active and retired military can consult the Child and Family Assistance Center for assistance with youth and Family issues. Individual and group therapy is available. Referrals are not required. For more information or an appointment, call 361-6284 or 361-6059.

CAFE OPEN

Chena Bend Café is open for the summer golf season. Under new management, the café is open 7 days a week. Their hours are 7 a.m. to 9 p.m. Friday through Tuesday and 7 a.m. to 7 p.m. Wednesday and Thursday. Offering breakfast, burgers, baskets, hot and cold sandwiches and more, the menu is available www.dwgrill.com. Call DW Grill and Catering for more information or to place an order at 353-6147.

WEIGH TO STAY

Active duty weight control classes are offered at 8 a.m., the first Wednesday of every month at the Bassett Army Community Hospital, third floor conference room. For more information call 361-5146.

VETERAN WEIGHT MANAGEMENT

A weight management program, VA Move, is offered the first Thursday of every month with the Veterans Administration Clinic. There are no restrictions to who can participate in the VA Move class and a referral is not necessary to attend class. If you receive VA medical care, you are eligible. Call 361-6370 ext. 1 for more information or go online at www.move.va.gov.

CIVILIAN CLEARING

All employees terminating employment with the Department of the Army must clear post. Clearing or out-processing is required to ensure final pay is correct. For more information on clearing, contact the Civilian Personnel Advisory Center at 353-7208.

ARMY DISASTER PERSONNEL ACCOUNT-
ABILITY AND ASSESSMENT SYSTEM

The Army Disaster Personnel Accountability and Assessment System is the Army’s personnel accountability tool used in the event of a natural or man-made disaster. This web-based system is found at <https://ad-paas.army.mil/> to account for active duty, Army Reserve, Army National Guard, Department of Defense civilians, NAF employees, overseas DoD contractors (to include Hawaii and Alaska) and Family members.

AUTO RESCUE OR SELF-HELP

Whether locked out or the vehicle needs towing, the Automotive Skills Center is at your service 24-hours a day. For towing and lock-out service, call 590-1716.

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RANT
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2 x 7.0

Soldiers vie for USARAK combatives team

Staff Sgt. Matthew E. Winstead, U.S. Army Alaska Public Affairs

Sixty warriors of varying skill levels gathered at Buckner Physical Fitness Center from June 14-15 to accomplish several different objectives.

First, they wanted to see who was the best among them.

Secondly, they wanted an opportunity to test their skills against challengers at their levels.

And lastly, they were competing for a chance to represent U.S. Army Alaska's team at the All-Army Combative Tournament at Fort Hood, Texas.

Rounds pitted combatants of matching skill levels and weight classes against one another under the watchful eyes of referees from the Modern Army Combatives Program.

Only the advanced skill-level matches at the end of the tournament allowed for mixed-martial-arts style rules, enabling Combatives level-4 trained fighters to execute full contact punches and takedowns.

The rules of contact in the lower-skill-level matches allowed only open palm slaps to the head and closed to the body, but not the spine.

Conducting an advanced-level match properly requires no less than six Army Combative level 4-trained officials.

Among those officials was Spc. Sean M. Boivin, currently assigned to the 1st Squadron (Airborne), 40th Cavalry rear detachment.

"Rankwise, I'm the youngest level 4 instructor here, but I love what I do and I'm excited to be here," Boivin said.

Boivin refereed most of the final All-Army qualification matches.

When the competition was completed there were winners in eight different weight class categories.

The first, second and third place winners were:

Bantam Weight: 1, Pfc. Amber Rodriguez, 4th Airborne Brigade Combat Team, 25th Infantry Division.

Fly Weight: 1, Spc. Justin Benavente, 6th Engineer Battalion; 2, Sgt. Terry Ham, 49th Missile Defense Battalion; 3, Sgt. Alena Yoder 4-25th ABCT.

Light Weight: 1, Sgt. Malcom Smith, 4-25th ABCT; 2, Staff Sgt. Chris Sells, 4-25th ABCT; 3, Pfc. Blake M. Campbell 4-25th ABCT.

Welter Weight: 1, Sgt. Michael Fuentes, 545th MP Company; 2, Pfc. Cody Mabee, 793rd MP Battalion, 3, Master Sgt. Anthony Garcia, 4-25th ABCT.

Middle Weight: 1, Spc. Ernesto Ventura, 49th Missile Defense Battalion; 2, Spc. Michael Jackson, 793rd MP Bn.; 3, Spc. Brett Terry, 793rd MP Bn.

Cruiser Weight: 1, Sgt. Ryan McKee, 17th Combat Sustainment Support Battalion; 2, Pfc. Curtis Parker, 49th Missile Defense Bn.; 3, Pvt. 2 Margarito Contreras, 4-25th ABCT.

Light-Heavy Weight: 1, Pvt. 2 Antwon Jones, 4-25th ABCT; 2, Ltc. Vern L. Randall, Headquarters and Headquarters Detachment USARAK; 3, Spc. Shawn Aronhalt, 793rd MP Bn.

Heavy Weight: 1, Spc. Ryan J. Vail, 4th Quartermaster Detachment; 2, Sgt. Joshua Hanson, 49th Missile Defense Bn., 3rd Place Sgt. Curtis Min, 4-25th ABCT.



Army Lt. Col. Vern Randall delivers a front snap kick to his opponent as a member of the Modern Army Combatives Program referees the match. Competitors fought in varying skill classes where higher skill meant more attack options, such as punches and kicks. (Photo by Staff Sgt. Matthew E. Winstead/U.S. Army Alaska Public Affairs)



Fighters representing the 4th Airborne Brigade Combat Team, 25th Infantry Division Rear Detachment display the Staff Sgt. Jacob Gerald McMillan trophy they won as best overall team in the Modern Army Combatives Program tournament June 14-15 at Buckner Physical Fitness Center on Joint Base Elmendorf-Richardson. (Photo by Staff Sgt. Matthew E. Winstead/U.S. Army Alaska Public Affairs)

The Dandelion - humble and resilient

Brian Schlumbohm, Fort Wainwright PAO

Summer in Alaska is now in full swing and lawn lovers everywhere are getting their realms in order. Lawnmowers, weed hackers, trimming here and there; so many take great pride in their lawns. A landscape of green except for those ever-present splashes

of yellow flowers called dandelions.

Most think of the dandelion as an obnoxious, encroaching weed, bent on dominating a well-groomed lawn. They seem to thrive in all places and environments from cracks in a sidewalk to dry vacant lots, green lush lawns and desolate roadsides. But many may not know the

fondness we, as a people, once had for them.

The roots of dandelion-use reach far back in history as a food and medicinal herb. Arabian physicians used it in the 10th and 11th centuries. All over Europe and Asia, medicines ranging from dermatological aides and blood purifiers to laxatives and diuretics were made from various parts of the plant.

The name dandelion is thought to be from the French word *Dent-de-lion*, meaning lion's teeth, referring to the leaves of the dandelion which are long, pointed and have notches running down both sides.

When European settlers first came to America, they brought with them dandelions which they used as food and as medicine, making room for them in their gardens. The dandelion

leaves are a rich source of A, B, C and D vitamins and minerals such as iron, potassium and zinc.

People use them today in much the same way they were used in years past: In salads as fresh greens, for tea from dried root and leaves and the flowers are sometimes used to make wines and beer.

To remove them from a yard or where they are not wanted is a very hard task, as most yard-owners already know. Children are automatically drawn to their bright yellow flowers and the soft globe-like seed heads must be wished on and blown until all the seeds are gone.

There are some herbicides available to get rid of the plants, but good old-fashioned weed-pulling seems to be the best bet to date.



A common sight on Fort Wainwright as well as over the entire globe, the dandelion seems to be where ever we are. (Photo by Brian Schlumbohm/Fort Wainwright PAO)

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